



## Meditation, Now More Than Ever

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"You should sit in meditation for twenty minutes every day, unless you are busy. Then you should sit for an hour." A Zen proverb.

The (WHO) World Health Organization predicts burnout will become a global pandemic within a decade. Let's face up to it, today's day and age is paced at such a fast rate. Checklists, to-do lists, meetings, appointments, tasks, deadlines....

Does the outside world dictate the pace of the inside?

An old friend once quoted, what you are on the outside is what your inside.

COVID 19 a life changer, nationwide lock downs, isolation and quarantines changed people's lives. The fact is 2020 didn't test people as much as it reflected them.

Did we suddenly realize that when our outside world stopped with an unknown force, the inside was suspended in an uncomfortable lull? In 2020 DGMINDSPACE served a number of meditators from around the world. From those new to meditation to seasoned practitioners. What changed in 2020? Was it really the external or the need for shift with the internal? NOW more than ever the world is turning inwards to manage their focus, awareness, attention, stress, anger and more. The practice of meditation is a form of changing consciousness. It enhances the consciousness and state of mind, by obtaining a deep state of tranquility. During meditation, people focus on their breathing, regulate it, occasionally adopt certain physical postures (yoga poses), minimize external stimuli, generate specific mental images, chant or focus on various elements (internal or external).

Regular practitioners of meditation claim that their meditative journeys have enhanced the quality of their lives and brought in a sense of calm and tranquility. The benefits of meditation can be researched and spoken about for decades; from improving focus, memory, concentration, confidence, productivity, compassion to reducing negative thoughts, enhancing creativity and most importantly being available to yourself in the moment.

A repeated practice of meditation allows for what we call soul pampering. A relaxed state of focus and calm yet attention and stillness. Almost everyone we serve experiences something different from the same practice, every human is unique in how they process information, absorb it and respond. Our life is truly governed by the internal state we hold. A regular practice opens up levels and depth in the internal state, for realization, focus, strength, enhanced perception, meaning and acceptance.

